

PTSD LESSON PLAN FORM
 Week of: February 10-14, 2020

	TEACHER: Yackovich SUBJECT: Physical Education 6, 7 & 8
M O N D A Y	<p>Objective(s): You will complete the games of Pickleball for a class Champ.</p> <p>Activity(ies): You will participate in team games of Pickleball working your way to the top winning team..</p> <p>Informal/Formal Assessment: Active participation, game scores.</p> <p>Homework:</p>
T U E S D A Y	<p align="center"><u>HEALTH CLASS TODAY.</u></p>
W E D N E S D A Y	<p>Objective(s):</p> <ul style="list-style-type: none"> • You will be engaging in a holiday cardiovascular fitness activity that increases their enjoyment for physical fitness while developing cardiovascular strength. • You will be able to follow the “heart” course throughout the school and gather hearts to spell the word “cupid” as a team. <p>Activity(ies): Cupids Dash</p> <ul style="list-style-type: none"> • Warm ups, (3 locomotor laps, monster walks, inch worms, 10X jumping jacks, squats, crunches) review of skills and game of flag football, game play. • Cupid Dash: • You will get into groups of 6. • You and your teammates will each take a turn running the heart course. • The heart course will be placed by the teacher throughout the school the morning before. • After each member of the team returns they get a letter of the word cupid. • The first team to spell cupid wins. <p>Informal/Formal Assessment: Active participation in warm ups and heart run.</p>
T H U R S D A Y	<p align="center"><u>HEALTH CLASS TODAY.</u></p>
F R I D A Y	<p>Objective(s): You will compete with your team to win a game of Chaos.</p> <p>Activity(ies): You will complete warm-ups and participate in the team game of Chaos working your way to the winning team..</p> <p>Informal/Formal Assessment: Active participation, game runs/scores.</p> <p>Homework:</p>